



AKA COVID 19: Information for our kinesiology community

TIPS TO MANAGE CORONAVIRUS SPREAD IN YOUR CLINICAL ENVIRONMENT

Your clients will appreciate assurance that you are doing all you can to keep your clinic safe. It all starts with your communication to verify appointments.

It's essential you familiarise yourself with your local COVID-19 testing location. This will prove invaluable if urgently needing to redirect a client.

Do remind your clients of the following:

- Federal Government Advice of symptoms through flyer, link or graphic
- Infection control procedures at clinic
 - Clients to wipe hands upon entry with wipes provided and dispose into bin
 - Clients to cancel appointment if unwell
 - Clients to be rescheduled at least two weeks if COVID-19 symptoms such as persistent coughing or sneezing
- You are a sole trader providing services to many and wish to reschedule appointments for anyone unwell due to risk of quarantine

To help out with this, we have created some A4 signs that you are more than welcome to download and use in your clinic to help communicate this.

Your clinic (including staff, students, clients)

- ✓ Stock your clinic with at least a 60% alcohol-based hand sanitiser
- ✓ Provide antibacterial wipes
- ✓ Post a sign in the bathroom in regards to hand washing etiquette
- ✓ Ensure your bathrooms are stocked with plenty of soap
- ✓ Clean table, door handles, chairs and any props after each use
- ✓ Clean all surfaces in your clinic multiple times a day
- ✓ Temporary removal of magazines and toys
- ✓ Remove of all reusable hand towels
- ✓ Reduce the amount of props in your clinic where possible
- ✓ If you offer tea or water in your clinic use disposable cups or even better, ask people to bring their own
- ✓ Send an email to your clients / students reminding them to stay home if they are unwell
- ✓ Post a notice on the door requesting clients / students not enter if they are unwell
- ✓ Remind clients / students of cough and sneeze etiquette before each appointment
- ✓ Encourage everyone to look out for each other and be understanding and kind

Your staff

- ✓ Monitor reports from government organisations regularly. The information is changing daily
- ✓ Ensure that your sick leave policies are flexible and consistent with public health guidance
- ✓ Encourage staff to take the day off if they are sick
- ✓ Communicate with your staff and keep them updated on what is happening in the clinic
- ✓ Don't propose to know everything, the situation is changing daily
- ✓ Manage confidentiality for those who have contracted the coronavirus

Kinesiology Teachers

- ✓ As hard as this may be, don't teach if you are feeling unwell
- ✓ Wash your hands regularly with soap and water
- ✓ Try not to touch your eyes, nose and mouth
- ✓ Stay up to date on your rights as an employee or contractor
- ✓ Seek support from your friends and community
- ✓ Avoid doing partner work in your classes
- ✓ Encourage students to bring their own blanket / towels

Based on Government recommendations that close contact be avoided, we recommend that there is no partner/contact work in these workshops wherever possible.

THINGS TO CONSIDER AS AN EMPLOYER

At this point in Australia it is considered appropriate and reasonable for employers to take prudent action. This proactive action reflects positively to your clients as a caring professional.

We recognise that this is a very challenging scenario to navigate as we are all dealing with the unknown. We have spoken to a variety of RTOs and busy clinic practitioners who are wondering what it means for them if a teacher/student were to contract coronavirus or be quarantined. Likewise, contracted and casual teachers are wondering what their rights are if they are unable to work for a period of time.

Everyone agrees that prevention is better than cure and it starts with sensible communication amongst your team and clientele.

IMPORTANT RESOURCES

<https://www.health.gov.au/>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

VIC

<https://www.dhhs.vic.gov.au/coronavirus>

NSW

<https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>

WA

https://ww2.health.wa.gov.au/Articles/A_E/Coronavirus

SA

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+topics/health+topics+a+-+z/novel+coronavirus>

TAS

https://www.dhhs.tas.gov.au/publichealth/communicable_diseases_prevention_unit/infectious_diseases/coronavirus

QLD

<https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/diseases/coronavirus>

Video resources to share to your digital audience

The following are digital resources which you can distribute to clients via your social media pages, newsletters or even appointment reminders.

- ✓ What is covid-19? (source WHO) - <https://youtu.be/mOV1aBVYKGA>
- ✓ How to protect yourself again COVID-19 (Source – WHO) - <https://youtu.be/1APwq1df6Mw>